

F150

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Stephen Wike (USA) - June 2024
音乐: F150 - Dixon Dallas



No Tags - No Restarts

Intro: 16 counts at about 12 seconds

[1-8] R Cross Rock, Weave R, L Cross Rock, Ball Cross, Unwind ¼ left (9:00)

1 - 2 (1) Cross R over L (2) Recover onto L
&3& (&) Step R to right (3) Cross L in front of R (&) Step R to right
4& (4) Cross L behind R (&) Step R to right
5 - 6 (5) Cross L over R (6) Recover onto R
&7 (&) Step L to left (7) Cross R over L
8 (8) Unwind balancing on toes to uncross while turning ¼ left (finish weight on L) 9:00

[9 - 16] Butterfly Shuffle R, Flick L, ¼ right L Back Lock Step, Step R, ½ left Pivot, R Kick Ball Cross (6:00)

1&2& (1) Step R to right and push knees out (&) Step L together and bring knees in (2) Step R to right and push knees out (&) Flick L toe behind R knee
3&4& (3) Turn ¼ right and step L back 12:00 (&) Step R over L (4) Step L back (&) Optional: Touch R next to L
5 - 6 (5) Step R forward (6) Turn ½ left and step L forward 6:00
7&8 (7) Kick R foot (&) Step R back (8) Cross L over R

[17-24] Shuffle R, ¼ left Shuffle L, Slide R, ¼ right Slide L, ¼ right Shuffle R (9:00)

1&2& (1) Step R to right (&) Step L together (2) Step R to right (&) Touch L together
3&4& (3) Turn ¼ left and step L to left 3:00 (&) Step R together (4) Step L to left (&) Touch R together
5& (5) Large step R to right (&) Slide L together keeping weight on right
6& (6) Turn ¼ right with large step L to left 6:00 (&) Slide right together keeping weight on left
7&8 (7) Turn ¼ right and step R to right 9:00 (&) Step L together (8) Step R to right

Optional Arms:

7&8 (7) Grab an imaginary steering wheel at 10 o'clock and turn wheel to 2 o'clock. (&) Turn wheel to 10 o'clock (8) Turn wheel to 2 o'clock

[25 - 32] Cross Mambo (x2), L Cross Point, Side Point, L Ball, R Side Point, Cross Point (9:00)

1&2 (1) Cross L over R (&) Recover onto R (2) Step L to left
3&4 (3) Cross R over L (&) Recover onto L (4) Step R to right
5 - 6& (5) Point L across R (6) Point L to side (&) Step L together
7 - 8 (7) Point R to right (8) Point R across L

[33 - 40] Dip Kick (x2), R Scissor, ¼ left, L Scissor, Hitch ¼ left (3:00)

1 - 2 (1) Step R to right and dip moving weight to R (2) Stand up while kicking L with a slight rotation to the left
3 - 4 (3) Step L to left and dip moving weight to L (4) Stand up while kicking R with a slight rotation to the right
5&6& (5) Step R to right (&) Step L together (6) Cross R over L (&) Turn ¼ left on R 6:00
7&8& (7) Step L to left (&) Step R together (8) Cross L over R (&) Turn ¼ left on L with R hitch 3:00

[41 - 48] R Pony Step, L Pony Step, ¼ Press (x4) (3:00)

1&2 (1) Step R behind L and slightly hitch L knee (&) Step L forward (2) Step R back and slightly hitch L knee

- 3&4 (3) Step L behind R and slightly hitch R knee (&) Step R forward (4) Step L back and slightly hitch R knee
- 5&6& (5) Turn ¼ right and Press R toes to right 6:00 (&) Push ¼ right keep weight on L 9:00 (6) Press R toes right (&) Push ¼ left keep weight on L 6:00
- 7&8& (7) Press R toes right (&) Push ¼ left keep weight on L 3:00 (8) Press R toes right (&) Push in place keep weight on L

Optional Arms:

- 7&8 (7) Right elbow out and fist forward Rotate arm with fist facing up (&) Rotate arm with fist forward (8) Rotate arm with fist facing up

[49 - 56] R Step, L Step, ½ left R Together, L Back, R Back ½ right L Together, R Step, L Rocking Chair, Step L, Hitch R (3:00)

- 1 (1) Step R forward
- 2&3 (2) Step L forward (&) Turn ½ left while stepping R together 9:00 (3) Step L back
- 4&5 (4) Step R back (&) Turn ½ right while stepping L together 3:00 (5) Step R forward
- 6&7& (6) Rock L forward (&) Recover onto R (7) Rock L back (&) Recover onto R
- 8& (8) Step L forward (&) Hitch R knee

[57 - 64] R Cross and Cross, L Hitch ½ right, L Cross and Cross, R Rocking Chair, Step R, L Kick Step (6:00)

- 1&2& (1) Cross R over L (&) Step L to left (2) Cross R over L (&) Hitch L knee turn ¼ right 6:00
- 3&4 (3) Cross L over R (&) Step R to right (4) Cross L over R
- 5&6& (5) Step R forward (&) Recover onto L (6) Step R back (&) Recover onto L
- 7 - 8& (7) Step R forward (8) Kick L forward (&) Step L to left

[Ending] Finishing the dance on wall 3 and replace counts 63 - 64 with a step ½ L pivot stepping back on L facing 12:00
